

Dance Dimensions

Now offering classes at the St Vrain Memorial Building as well as their Main St location!

Dance Dimensions has a policy of allowing visitors to observe at the first and last class only. For ballet classes, ballet shoes and appropriate attire is needed for class: please no satin ballet shoes from discount stores, as they do not fit properly.

For tap classes, no Highlight or Dancetime shoes or discount store shoes will be allowed due to poor fit and soft metal residue. For further clarification, please call Dance Dimensions at 303-772-3750.

Location: Dance Dimensions, 638 Main St (unless otherwise indicated)

Tiny Tutus

This class is a wonderful introductory dance experience for the very young student. Creative movement and basic technique will provide confidence, coordination, strength and fun! Students are asked to wear ballet shoes and appropriate dress. ***NO Class: 11/27**



3 years:	Tuesday, 9:30-10:15am	
Sept 8-Oct 20	\$77 res/\$96.25 non-res	444500.T1
Oct 27-Dec 8	\$77 res/\$96.25 non-res	444500.T2
3 years:	Fridays, 9-9:45am	
Sept 4-Oct 23	\$88 res/\$110 non-res	444500.F1
Oct 30-Dec 18	\$77 res/\$96.25 non-res	444500.F2

Pre-Ballet & Tap

A fun class for the child whose feet are always moving. This class will introduce students to the basic techniques of tap and ballet, as well as rhythm and coordination. Tap shoes and ballet shoes are necessary, as well as appropriate apparel. ***NO Class: 11/27**

4 to 5 yrs:	Tuesdays, 10:15-11am	
Sept 8-Oct 20	\$77 res/\$96.25 non-res	444501.T1
Oct 27-Dec 8	\$77 res/\$96.25 non-res	444501.T2
4 to 5 yrs:	Fridays, 9:45-10:30am	
Sept 4-Oct 23	\$88 res/\$110 non-res	444501.F1
Oct 30-Dec 18	\$77 res/\$96.25 non-res	444501.F2

Pre-Ballet/Tumbling

A highly recommended, energetic class for the beginning of dance technique for the young student. Basic tumbling, ballet technique and creative movement will be the emphasis of this class. Ballet shoes and appropriate attire needed for class. ***NO Class: 11/27**

4 to 5 yrs:	Fridays, 10:30-11:15am	
Sept 4-Oct 23	\$88 res/\$110 non-res	444502.A
Oct 30-Dec 18	\$77 res/\$96.25 non-res	444502.B

New! Lil Dancing Dynamites

Do you have a little one that LOVES music and can't sit still when they hear the rhythm? This is the class for them! This is a high energy, introductory class to different styles of music and dance, including ballet, jazz and hip hop. The first 6 dancers to register will receive a Dance Dimensions Dancing Dynamites T-Shirt. ***NO Class: 11/25**

4 to 6 yrs:	Wednesday, 4:30-5:30pm	
Sept 9-Oct 21	\$95 res/\$118.75 non-res	444503.A
Oct 28-Dec 16	\$95 res/\$118.75 non-res	444503.B
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Beginning Tap

A fun class to develop rhythm and coordination. This class will teach basic tap technique and rhythm. Tap shoes required for class.

6 to 8 yrs:	Monday, 4-4:45pm	
Sept 14-Nov 2	\$88 res/\$110 non-res	444600.A
Nov 9-Dec 14	\$66 res/\$82.50 non-res	444600.B
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Beginning Jazz

A fun beginning class, dancing to upbeat music and learning the basics of jazz dance. Basic steps and the foundation of jazz technique and placement will be taught.



6 to 8 yrs:	Monday, 4:45-5:30pm	
Sept 14-Nov 2	\$88 res/\$110 non-res	444601.A
Nov 9-Dec 14	\$66 res/\$82.50 non-res	444601.B
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Beginning Hip Hop

A fun class to learn the latest moves in hip hop. If you love to move, this is the class for you. boys are especially welcome! ***NO Class: 11/24**

9 to 12 yrs:	Tuesday, 4:15-5:15pm	
Sept 8-Oct 20	\$95 res/\$118.75 non-res	444602.A
Oct 27-Dec 15	\$95 res/\$118.75 non-res	444602.B
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

New! Beginning Acrobatics

A class for those children who love to stand on their head and are always cartwheeling around the room. This class will teach tumbling basics and will strengthen and build a strong core to progress to the next level. ***NO Class: 11/28**

8 to 12 yrs:	Saturday, 9-10am	
Sept 5-Oct 24	\$95 res/\$118.75 non-res	444603.A
Nov 7-Dec 19	\$71 res/\$88.75 non-res	444603.B

New! Adult Hip Hop

A fun, energetic, non-threatening class for adults. This class offers a getaway to "rock out" to funky music and explore hip hop movement. Come and join the fun!

18 & up:	Monday, 7-8pm	
Sept 14-Nov 2	\$95 res/\$118.75 non-res	444735.A
Nov 9-Dec 14	\$71 res/\$88.75 non-res	444735.B
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Longmont Dance Theatre Academy Classes

Appropriate apparel must be worn to every class—requirements available online and on registration receipt. Questions, please call Longmont Dance Theatre Academy, 303-772-1335, or visit their website at www.ltdacademy.com.

Location: Longmont Dance Theatre Academy, 1422 Nelson Rd
Fee: \$112 resident/\$140 non-resident

Tutu Terrific & Timestep Tappers

During this combination Ballet and Tap class, imagination and story-telling through dance is emphasized using guided, creative and age-appropriate movement.

3 to 5 yrs: Sept 9-Oct 28, Wed, 10-11am 444510.A
Sept 11-Oct 30, Fri, 3:30-4:30pm 444510.B

Ballet Dance Class

Transform your body into an instrument of classical movement from head to toe! The emphasis in the beginning level of study is on posture and the joy of dance through the fundamentals of ballet training. Performance opportunities are available.

6 to 8 yrs: Sept 10-Oct 29, Thurs, 5:30-6:30pm 444612.A
Sept 11-Oct 30, Fri, 5:30-6:30pm 444612.B

Super Hero Movement

During this high energy movement class, games that test physical coordination and expand imagination allow kids to discover their own Super Hero identity. Students will move safely and with respect as they explore their emotional, mental and physical powers.

6 to 10 yrs: Sept 10-Oct 29, Thurs, 5:30-6:15pm 444613.A

Aerial Dance for All Ages

This basic aerial technique class combines aerial, visual and circus arts with theater and dance for an exhilarating experience. Climbs, foot-wraps, knee-hooks and inversions will condition, challenge and engage every muscle in your body.

6 to 10 yrs: Sept 12-Oct 31, Sat, 1:30-2:30pm 444621.A
11 to 18 yrs: Sept 12-Oct 31, Sat, 2:30-3:30pm 444622.A
18 & up: Sept 12-Oct 31, Sat, 3:30-4:30pm 444750.A

Ballet for Adults & Teens

Transform your body into an instrument of classical movement from head to toe! The emphasis in the beginning level of study is on posture and the fundamentals of ballet training. This adult class is designed to get you moving while also developing gracefulness and poise through movement.

14 & up: Sept 8-Oct 27, Tues, 7-8:30pm 444752.A
Sept 11-Oct 30, Fri, 6:30-8pm 444752.B



Local Service Providers

The City of Longmont Recreation staff strives to provide a broad spectrum of recreation and leisure opportunities for a wide range of ages, interests and abilities. However, we also acknowledge that not every recreational interest is addressed in our program line up. With this in mind, we would encourage you to contact one or more of the other local providers that provide quality programs in the Longmont community. Web addresses and e-mails are available at www.LongmontColorado.gov/rec.

	Contact	Phone
Boulder Valley Lacrosse	Josh Sims	303-952-4049
CO Rebels Fast-pitch Softball	Mark Drouhard	970-381-6307
Dance Dimensions	Office	303-772-3750
Garden Acres Batting Cages	Salvadore	303-682-0822
High Altitude Archery	Tom Adjutant	720-491-3309
Indian Peaks Girls Softball Assn	Melissa Goodard	303-776-3424
Life Bridge Church Sports Dir	JR Masteller	303-776-2927x256
Longmont Athletic Club	Office	303-772-4700
Longmont Baseball League	Office	720-684-6286
Longmont Dance Theatre Academy	Office	303-772-1335
Longmont Grizzlies Wrestling Club	Miguel Mendez	303-641-2373
Longmont Swim Club	Scott	303-520-6161
Longmont Tennis Association	Robert Gerken	303-588-8391
Longmont YMCA	Office	303-776-0370
St. Vrain FC - youth soccer	Office	303-651-3109
St. Vrain Youth Football (tackle)	Office	720-438-0240
Twin Peaks Youth Sports Flag Football & Cheerleading	Office	720-635-5726
We Sport U - youth flag football	Cyndi Elia	303-651-9790



Ballroom for Couples

This is a fun, structured class of basic techniques. Learn four dances- Waltz, rhumba, swing and foxtrot, combined with the fundamentals of leading and following. Couples do not rotate partners, so you stay with who you are comfortable with. Attendance at first class is very important. Fee includes both partners. ***NO Class: 11/25**

14 & up:	Sept 2-30, Wed, 7-8pm	444700.A
	Oct 7-Nov 4, Wed, 7-8pm	444700.B
	Nov 11-Dec 16, Wed, 7-8pm	444700.C
Instructor:	Christian Thierens	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$120 resident/\$150 non-resident	

Ballroom 2 for Couples

This is a fun, structured class for couples only, with an emphasis on correct technique. This class is for those who have already taken Ballroom for Couples. Fee is per couple. ***NO Class: 11/25**

14 & up:	Sept 2-30, Wed, 8-9pm	444701.A
	Oct 7-Nov 4, Wed, 8-9pm	444701.B
	Nov 11-Dec 16, Wed, 8-9pm	444701.C
Instructor:	Christian Thierens	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$120 resident/\$150 non-resident	

Beginning Latin Dance

Would you like to be dancing like the Stars? Why should Celebrities have all the fun? If you're looking for a way to spice up your relationship, try Latin Dancing. It is fun, easy, and a heart-healthy workout. We'll be learning the lively Salsa, romantic Rumba, and rhythmic Cha-Cha.

16 & up:	Sept 11-Oct 9, Fri, 7-8pm	444705.A
Instructor:	Casablanca Dance Studio	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$45 resident/\$56.25 non-resident	

Country Dancing

Get ready for the Country dance floor! Learn all the basics for Texas Two-Step and Triple Step. In addition, learn the Cowboy Cha-Cha, a line dance to do by yourself or with a partner. So grab your boots and come join us.

16 & up:	Sept 11-Oct 9, Fri, 8-9pm	444715.A
Instructor:	Casablanca Dance Studio	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$45 resident/\$56.25 non-resident	

Thriller Workshop

In tribute to Michael Jackson we are offering his signature line dance just in time for Halloween. Come out and join us in learning this fun series of smooth moves of this ground breaking line dance. Everyone can do it! Bring your Zombie friends.



16 & up:	Fri, Oct 16, 7-9pm	444730.A
Instructor:	Casablanca Dance Studio	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$20 resident/\$25 non-resident	

Swing Dancing

Swing is lively, up-beat and done to a wide variety of music. In this class we'll be learning Jitterbug swing which is the simplest and easiest to do. We'll be dancing to Big Band, Popular, and Country music.

16 & up:	Oct 23-Nov 20, Fri, 8-9pm	444710.A
Instructor:	Casablanca Dance Studio	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$45 resident/\$56.25 non-resident	

Night Club 2-Step

This is a beautiful slow dance done to soft rock love songs, slow Latin, or slow contemporary music. It is romantic, simple, and easy to learn.

16 & up:	Oct 23-Nov 20, Fri, 7-8pm	444725.A
Instructor:	Casablanca Dance Studio	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$45 resident/\$56.25 non-resident	

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